BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association
December 2020 Issue 618

Letter from Santa!

Arthur Rank Hospice and the Charity's friendly mascot, Arthur Bear, are teaming up with the North Pole this year! The Hospice's furry friend has been writing to Santa's elves, so that 'Letters from Santa' can magically make their way to the special little people in your life this December.

Parents, aunts, uncles, grandparents, neighbours, and friends of children who would enjoy the extra excitement of receiving a letter from Santa Claus, can register to apply for a letter from 3 November at arhc.org.uk/santa or by calling 01223 675888.

A small donation of £5, £10, or £15 is suggested. As well as helping to cover administration and postage costs for the letter (plus mince pies to keep Santa and his elves going!) your donation will help raise vital funds for the Hospice:

£10 could fund a Christmas present for a patient

£15 could help fund a Christmas craft session in Day Therapy

£20 could fund a Christmas meal for 5 patients and their families

Registrations will close at 9pm on Sunday 13 December. Arthur Bear will then make sure your letter requests reach Santa and his elves in time to get to you for the big day!

Bar Hill Sports & Social Club Christmas Draw
Great prizes to be won!
Tickets available now 25p a square
(draw date 22nd January)
Due to the current situation, we are unsure as yet how the draw night can be conducted within the government guidelines, prizes may be picked at random for you by a electronic numerator.

Hedgehog Fact

Hedgehogs first evolved about 15 million years ago. Making them one of the oldest surviving mammals. Some primitive ancestors of the hedgehog evolved over 65.5 million years ago.

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BAR HILL RESIDENTS ASSOCIATION

Each month we will be introducing you to a different member of our Residents Association, so you can learn more about the people who are working on your behalf in the village.

We are starting with Laura Chapman – The Residents' Associations' newly appointed Chair Person.

How long have you been a member of the Residents Association? 3 years

What made you join? Wanted to be involved in village life and help make the most of it for all the families here.

How long have you lived in Bar Hill and what is your favourite thing about living in the village? My entire life (give or take a few years) - favourite thing - how safe it feels most of the time - the kids can head out with friends and not have to cross main roads and if there's ever any problems there'll be someone close willing to help.

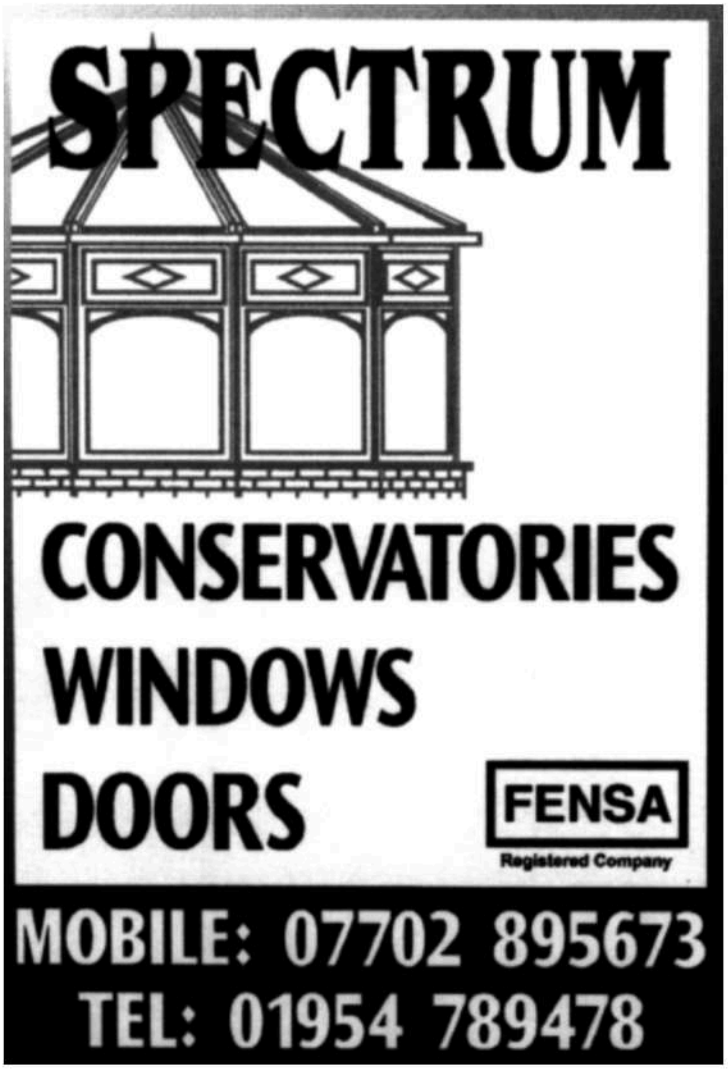
If you could change one thing about the village, what would it be and why? I'd improve the park and replace all the apparatus that got removed years ago throughout the village - we had a huge blue slide and some monkey bars near the willows, a concrete tunnel hidden in the mound near the igloo and a big square climbing frame in Otter gardens.

What are your hobbies? Too many, according to my husband! ….. yoga, crafting, reading, DIY.... honestly, I'll try anything once and I've always got a project on the go with another lined up!

What's your favourite way to spend your day off? If it's a day off when the kids are at school, all of the above! If it's a family day then just spending time together is perfect.

If you won the lottery tomorrow, what would be the first thing you'd do? Pay off the mortgage and treat the kids.... oh and maybe buy the husband a Mustang!

Would you like to join our Residents Association? We meet once a month (when permitted!) and are always open to ideas for enhancing life in our village and working with partners to develop our community.



COVID19 Support Scheme

We all know from hard experience that these difficult times are not over and even with the extension of the furlough scheme and the Self Employed Income Support Scheme, pressures remain for many of us.

Since March 2020, our village Covid-19 Support Scheme has endeavoured to provide a catch net for our community, with the aim of trying to ensure that anybody in need, be this as a result of the inability to buy food, help with shopping and prescriptions whilst shielding, a listening ear for those struggling with mental ill health or advice about benefits, debts, housing, etc, gets help and support and is not left alone.

Many villagers have been helped, but a few in particular remain so clearly in my memory, for instance, the lovely family, who through no fault of their own, were prevented from obtaining any benefits whatsoever and were left practically destitute. We were able to support them with food for the family and fight on their behalf to get a relaxation in their immigration status, which eventually enabled them to get full access to welfare benefits and so begin to pay their rent and buy food whilst looking for work. There was the wonderful person, who felt they could not ask for help, but who we became aware of through the kindness of others alerting us and so could call in help from the GP and provide help with benefits. This person has since moved out of our village, but the last we heard was making positive progress. And there are many many more stories of people helped, more often than not triggered by our community being on the look out for those experiencing hardship. Well done Bar Hill, you are a testimony to community care and connection.

The Covid-19 Support Scheme continues and should you be in need please contact us via our freephone number: **0800 088 6522** or email us on **barhillcovid19help@gmail.com** and we'll quickly get back to you.

In particular I wanted to highlight the mental health struggles, so many of us are currently experiencing and with the restrictions of accessing traditional NHS services, signpost some alternative sources of help:

1. Call **Lifeline Helpline** if you're feeling anxious or stressed, or concerned for your mental health.

Lines open Saturday-Sunday 2pm-11pm (Monday-Friday 9am–11pm):

lifecraft.org.uk 0808 808 2121

2. **NHS Support**

Their website https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/ provides a list of helplines open to the general public.

Local telephone **01223 884422**

3. **Samaritans**

www.samaritans.org - 116 123

4. **Mind**

www.mind.org.uk - 0300 123 3393

5. **Anxiety UK**

www.anxietyuk.org.uk - 03444 775 774
(Open Mon-Fri 9.30 am-10.00 pm, Sat-Sun 10.00 am – 8.00 pm)

6. Support for children and young adults:

YoungMinds website offers help for children and young adults,
youngminds.org.uk

Let me thank each and every one of you for your demonstrable care for our village community and encourage each of us to continue to keep a caring, watchful eye out for those who may need our help!

Warmly

Kevin

(on behalf of the Covid-19 Support Scheme Core Group)

NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhneditor@yahoo.com** before the deadline of 6pm on the 15th of each month. Thank you!

To the Members of the Bar Hill Residents Association,

On behalf of Over Day Centre, I would like to thank the members for their kind, and very appreciated, donation of £200.00.

As you may have been aware, the Covid-19 pandemic forced our charity to close in March of this year. However, we are delighted to announce that our doors will be re-opening on Tuesday 2nd of November 2020. As you can imagine, there are many new procedures that we have had to put in place for the safety of all concerned, but especially for the well-being of our clients who fall into the higher risk category. (Obviously, we will be continuing to monitor changing government guidelines).

We are also delighted to be able to continue supporting the SCDC Food Scheme, which has been running since June and will continue until March 2021. Twice a week the staff of Over Day Centre have been volunteering to cook meals for up to 50 older people (so that's up to 100 meals per week). Our clients have been included in this number, with SCDC adding to the list of local, vulnerable adults that can benefit from the scheme. Local volunteers have then been delivering the two course lunches (a main and a pudding).

Whilst our staff have been ringing clients regularly throughout the closure of the Day Centre (some asked to be called once a week, a few asked to be rung every day) it has been clear that everyone has missed the social interaction provided by our charity. Before taking the decision to re-open, a survey was sent to all existing clients and their families to gauge whether people wanted to return. The resounding reply was "yes", with the overwhelming majority stating that they wished to return as soon as possible.

I cannot tell you how excited the staff are to be welcoming everyone back!

Thank you again for your continuing support.

Kind regards,

Halina Szulakowska (Administrator)

Dear Editor,

Why does Cambridge News not do Your Poetry now? During Lock-down surely we need it even more,

Elizabeth Thoday

[Editors Note: I've included The Bells by Edgar Alan Poe on Page 34 to hopefully whet your appetite for more poetry. If people would like to contribute poems I'm more than happy to include them!]

Dear Editor,

Owing to lockdown and the Coronavirus the Olive Tree Bereavement Group cannot meet. Hopefully if a vaccine is successful in being provided around Christmas time then we will revisit in the New Year.

In the meantime if anyone needs to contact us to have a Private and Confidential conversation then please contact the following:-

Chris Stannard **01954 781978** or Sue Kenchington **01954 780890**

Deadline for next issue is 6pm on the 15th of the month, please send submissions to **bhneditor@yahoo.com** - the earlier the better! (space is allocated on first-come basis!)

Dear all,

Christmas is coming. This special time when we think about our family and friends and miss them most. This year probably with keeping social distance. But even lockdown cannot discourage our warm feelings. We still may send best wishes to our beloved ones. By writing Christmas cards, we can support good causes too. Many charities offer cards for sale now. If you need to shield, it is quite easy to order them online. Here are just a few charity shops to choose from:

- **Sightsavers** (treats and prevents eye conditions) and **The Big Issue (**creates opportunities for homeless people): paperchase.com/en_gb/christmas/cards/christmas-card-packs
- **Sue Ryder** provides palliative, neurological and bereavement support: shop.sueryder.org/christmas/charity-christmas-cards
- **Church in Need** helps poor and persecuted christians all over the world: acnuk.org/product-tag/christmas-cards/
- **Marie Curie** helps curing cancer: shop.mariecurie.org.uk/christmas-cards-2
- **Mind** works for better mental health: shop.mind.org.uk/shop/cards
- **Arthur Rank Hospice** is a local charity providing support toward the end of life: arhc.org.uk/product-category/christmas/christmas-cards/

Best wishes,
Agnes Kwasigroch

Dear Editor,

As secretary of the Royal British Legion may I say thank you to all who supported us this year during the Poppy Appeal we have raised £4837.77. Which is down of last year but under the circumstances is good. Thanks especially go to Maggie Cox our Poppy Appeal coordinator for organising the collection at Tesco who we would like to thank for helping us.

Wendy Arrowsmith

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This is available online via the Internet Archive;

archive.org/details/bar-hill-news

There are currently around 150 issues (earliest is Issue 41, from March 1972)!

More issues are being added all the time!

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Note from the Editor: A big thank you again for all the additional articles for this month! Especially to Liz Dams for a wildlife updates and to Agnes Kwasigroch for her delicious Christmas recipe!

If you belong to a local group or have an upcoming event you'd like to publicise please feel free to get in touch - we're still short of the 40 pages we had in February.

Services during December

Assuming the coronavirus lockdown ends on the date expected we will resume holding combined in-person and online church services from Sunday 6 December onwards. All services will start at 10:00 am.

Sunday 6 December	Baptism and Confirmation service with the minister and Rt Revd Dr Dagmar Winter (Bishop of Huntingdon)
Sunday 13 December	All Together Worship
Sunday 20 December	Holy Communion
Friday 25 December	Christmas Day Family Service

Anyone wishing to attend in-person must book a seat by contacting our office manager. Our online services can be accessed using the following link:
https://us02web.zoom.us/j/88297613899
Meeting ID: 882 9761 3899
Password: 284740

Unfortunately we will not be able to hold all our usual Christmas services. We will produce a recorded Carols by Candlelight that will be available online, while Ely Cathedral is creating a recorded Christingle service. Details of both these services will be published on our Facebook page and website (see below) nearer the time.

Church Contacts

Church Office	Ian Pryke	01954 206120 or 07395 939282 church.office@barhillchurch.org.uk
Minister	Rev Charles Mather	01954 277119 Charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
	Website	https://barhillchurch.org.uk
	Facebook	https://facebook.com/barhillchurch

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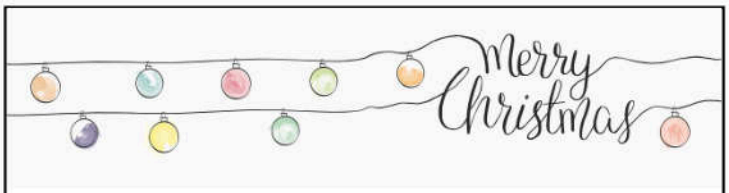

Christmas Eve Supper (Recipe)

In Polish tradition people fast on Christmas Eve to wait for Christ Child's birth. Finally, when a first star appears in the sky, they can seat at the table for a festive supper. There are traditionally 12 dishes and among them usually: beetroot soup, veg salads, fried carp and other titbits. I would like to share with you a brilliant recipe for a herring starter.

Herring Fillets in Mustard Sauce

Ingredients:

500g herring fillets a la matjas (available in Tesco),
2 onions,
1 apple,
150 ml sour cream,
2 table spoons of mayonnaise,
4 table spoons of mustard,
1 tea spoon of curry powder.

Recipe:

Cover the fillets with cold water for 3 hours. Then rinse and cut into wedges. Cut the onion and grate the apple, then add to the fish.

Add all other ingredients and mix with a spoon.

The herring tastes best after cooling in the fridge for about 3 hours.

Smacznego/ Enjoy!

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HAPPY HOURS – Afternoon Tea 2 -4pm on Friday

Hopefully once this second lockdown is over we will be able to have afternoon tea again following whatever the pub rules be at the time

Bar Hill Sports and Social Club, Fridays 2-4pm (Cost: £1.50 per person)

Please feel welcome to come and join us!

The Happy Hours Club would like to give special thanks to Tesco and especially Laura, Laura and Sarah for supporting us and helping us throughout the year and again this Christmas. We really do appreciate all that you do for us!

Wishing you all a very merry Christmas and a Happy New Year!

Anne Plumb, **01954 780364**

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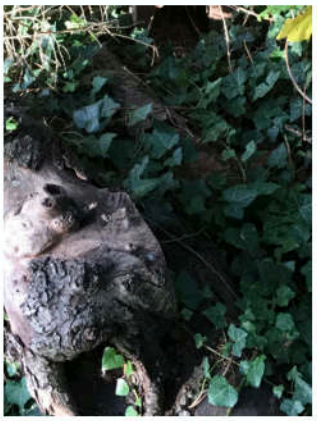

Try not to cut back and tidy too much now. It's better for nature to leave decaying plants as they are. They create homes for mammals and insects to hibernate in.

Hollow stemmed plants and seed heads are also great in providing a safe environment for our insects. Pile up dead wood and leaves in corners to help insects and small mammals including hedgehogs, to make warm homes.

Ivy really is the jewel of the winter months. It being an evergreen is the most important plant during the autumn. It's flowers are now opening, providing a vital source of food for bees, butterflies and all other pollinators. It's leaves provide shelter for birds and insects throughout the colder months, when other natural cover is thinning. The birds enjoy it's berries which are full off crucial calories just when they need it most!

If you are stuck for ideas for Christmas presents, why not buy something for wildlife, such as an insect hotel or a hedgehog house? The best thing we can give wildlife for Christmas is an undisturbed garden until spring. By doing this we are rewarded in so many ways that we rely on ourselves to survive.

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

Catholic Church Serving Bar Hill

Hills Road, Cambridge

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton) adrian.gates@rcdea.org.uk, 01223 622690)

Local Contact: **Bunty Waters** (Tel: 01954 201421)

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Bar Hill Childminders

We are Ofsted Registered and inspected Professional Childcare Providers, working with children in our own homes. We hold 'Good' and 'Outstanding' Ofsted grades, are fully insured and trained in Paediatric First Aid.

As we head towards the start of the colder months of December and January we will continue to enjoy the great outdoors watching trees lose their leaves and become bare. We will encourage the children to make bird feeders to help care for the birds as food becomes scarce. National Robin day is observed on 21 Dec and we can look out for these and other birds as we enjoy our green areas and gardens. We look forward to the start of Christmas crafting and encourage children to have their own ideas, it is sure to include Christmas trees, wreaths, angels, snowmen and much creativity! We will remember this year for not just the challenging times but the fun and progress the children have made.

Our Childminders are listed below, those with availability have the word 'spaces' after their name - those who offer Government Funded places, (Universal and Extended), have an F before their name.

F	Kirsty	07584 168909	
F	Jacky	07718 447998	
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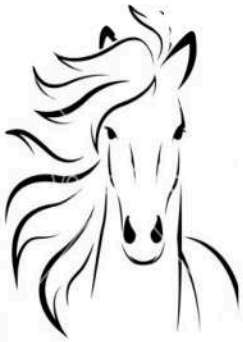

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The lady behind Arthur Rank Hospice's 'Figure of a Woman' sculpture

After 25 years of carving beautiful memorials and headstones - Lucy Churchill decided to take a sabbatical for six months, and concentrate on expressing her own feelings through her art. Having put her commissions on hold, she donated her time to create a new sculpture for Arthur Rank Hospice.

"The patients who come to the Hospice were at the forefront of my mind, but I was also thinking about the members of the family that were going to have to be strong for their loved ones. I thought maybe people will look at the sculpture and identify with it, or maybe they will see the person who is caring for them in the Hospice – a member of staff or one of the many volunteers. So, I was thinking about everybody who is there and how they have this supportive role. I wanted to convey the calm strength that so many people bring."

The sculpture is now as much a part of the garden as the trees and birds, at home in the centre of a grass lawn, overlooked by the Inpatient bedrooms, Arthur's Shed, the physiotherapy gym and at an angle on the axis of four trees facing the Sanctuary. Lucy was determined that she should be within reach.

Find out more about Lucy's inspiration, the stone her sculpture is carved from and the creative process by visiting arhc.org.uk/figure-of-a-woman

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BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction how to start praying. Whenever you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (074 3255 0621) and the free kit will be delivered to your door (in Bar Hill). God bless you!

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What a year 2020 has been!

As councillors we have seen the amazing way in which many residents have stepped up and volunteered to help their neighbours, friends and those unknown to them. The coronovirus pandemic has had an impact on each and every resident in South Cambs.

The strength of our communities has shone through, be it the volunteers who have supported those isolated, the councillors ringing round to help get the grants that business' need or people who have simply lent an ear to those struggling and lonely.

All your wonderful work is helping South Cambs residents through the pandemic, especially those in Bar Hill. For those who are unsure what help may be available please do get in touch. Please do not suffer in silence, reach out, we are here to help you.

As a reminder of who to contact for different queries, as South Cambs have different teams working on different aspects of support:

Whether businesses can be open during lockdown, making businesses Covid-secure, or reporting a business breaking the rules – please contact env.health@scambs.gov.uk

Financial support and longer term advice for businesses during the pandemic – please contact openforbusiness@scambs.gov.uk.

Queries specifically related to the Local Restrictions Support Grants and Additional Restrictions Support Grants – please contact businessgrants@scambs.gov.uk

Queries about licensing, for instance event licences – please contact licensing@scambs.gov.uk

Seeking practical support for residents, such as shopping or collecting prescriptions – please contact duty.communities@scambs.gov.uk

£500 payments for people told to self-isolate – please contact testandtracepayment@scambs.gov.uk

Small changes go a big way to reach zero carbon

Many residents want to do the right thing, but often wonder how. It's important to remember that any change you can make to reduce your carbon footprint makes a difference.

For those who wish to make green home improvements there maybe government support available via The Green Homes Grant and the Renewable Heat Incentive to name just a couple.

I usually report that I can get caddys and Food waste bags, however, because South Cambs at Cambourne is closed I am unable to collect any, as soon as they are open I will let you know.

If you contact alina.co.uk they can supply/ deliver food waste bags to you.

I wish you the very best Christmas to all your family, we don't know how this virus will progress, but please keep yourselves and your families safe and well. Please do contact the Covid19 Bar Hill Support Scheme if you need any help.

A warm welcome to new residents in the village and please contact me for any help or information.

South Cambridgeshire District Council

Please contact me if you would like further information, help, or advice

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COVID 19
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Our formal Club nights have now finished for the season but on the drier winter evenings you may catch us playing (Tuesday nights 7-9m) and anyone fancying a game is welcome to join us.

The Courts remain open and available for members and anyone wishing to hire the courts. It's simple - you can book on line at www.barhilltennisclub.co.uk and pay electronically! The courts are floodlit for those wishing to play during the dark evenings – give it a go!

For those of you thinking about joining our annual fees are very competitive: Adults £40, Family £80 & juniors £15.

Courts are available to hire for £6.00 per person / £5 for members guests (juniors must be accompanied by a responsible adult) – call Paul (details below) or visit our website for details

CONTACTS:
Paul Chubbuck (Secretary)
Mobile: **07983 435104**
Email: **tennisclubbarhill@gmail.com**

FOR MORE INFORMATION PLEASE CALL OR VISIT OUR WEBSITE

THE ROYAL BRITISH LEGION

We meet on the 4th Thursday of each month in the Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion. If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox on **01954488657** or WendyArrowsmith on **01954 781381** or come along to the next meeting.

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Christmas Tree Recycling

The Arthur Rank Hospice Charity's Christmas Tree Recycling Scheme sponsored by Cooke, Curtis & Co (Trumpington) and Cyber Business Growth (Royston), will be back in January and will additionally include CB21.

Plans are being put in place so the scheme can still operate within the boundaries of government restrictions, and hopes are that – thanks to the support of the council, Just Helping and numerous local businesses and volunteers - 2021's collection will be the greatest success yet, with hopes of raising £40,000 for the Hospice. Last year the Hospice's volunteers collected over 2500 trees and raised over £36,000!

Taking into account COVID secure guidelines, a team of 70+ volunteers will be collecting trees from postcode areas: CB1, CB2, CB3, CB4, CB5, CB22, CB23, CB24 and, CB21 between Thursday 7 and Sunday 10 January.

In exchange a donation to the Hospice would be warmly welcomed.

After costs, 90% of the monies raised will go to the Hospice which provides essential support and end of life care to adults living with an advanced serious illness or other life-limiting condition - and the remaining 10% will be donated to The Rotary Club of Cambridge to be distributed amongst further local good causes.

The trees will be chipped at temporary drop off points and used to lay down as mulch or taken away to local waste recycling centres for composting.

Register your tree from 15 November at arhc.org.uk/tree-recycling or call 01223 675888 for more information. Registrations will close 10am Tuesday 5 January 2021.

If you would like to volunteer a few hours of your time in the New Year to help with the 'treasure hunt for trees' (!) please call Alison from the Arthur Rank Hospice Charity team, on 01223 675888.

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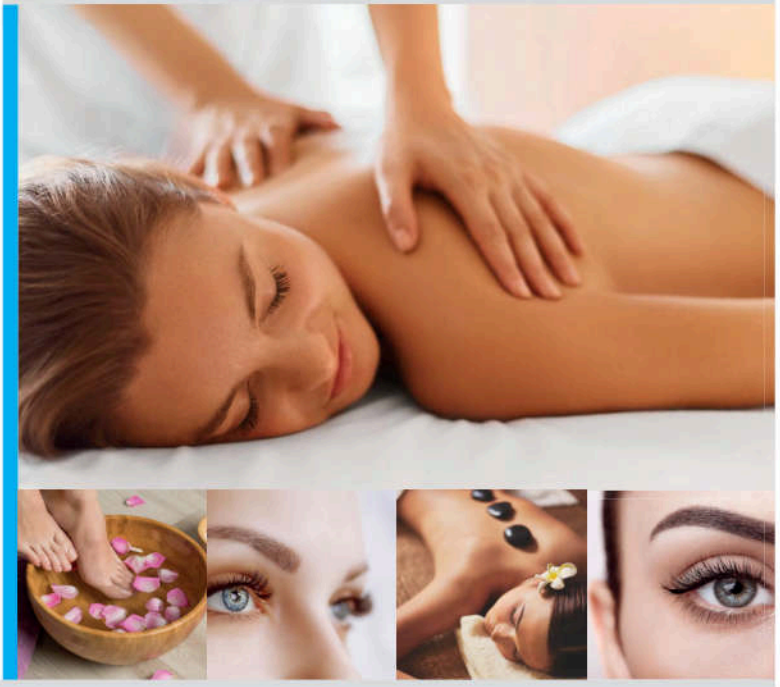

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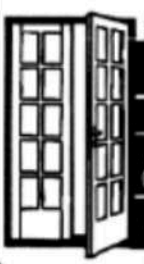

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BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - clerk@barhillpc.org.uk
Chairperson: bunty.waters@barhillpc.org.uk

Seasons Greetings

On behalf of your Parish Councillors, I would like to wish all residents a very Happy Christmas; I hope we can celebrate in a joyful way and that 2021 is kinder to us all, and we move forward and get away from this terrible virus.

Good news from the Parish Council, I am delighted to tell you that there is around £20k, plus maybe another 1-2K (less professional fees) which we have received from Highways England relating to compensation for land under the A14 Cambridge to Huntingdon Improvement Scheme. Members of the Parish Council propose to engage with our residents by consultation processes for ideas on how to spend this money to maximise best benefit for our community.

Cllr Bunty Waters
Chair, Bar Hill Parish Council

Our best wishes, and keep safe and well

Unfortunately there has been unacceptable delay by Kompan for repairs to Birds Nest and seats at teen shelter but now been confirmed for December. At the moment, play areas are still open but any changes in Government guidelines will be implemented and residents are asked for their co-operation and patience in these difficult times. Remember, users are responsible for wiping down before and after use and adhere to Covid-19 restriction measures including social distancing.

There has been suggestions for allotments and adapting public open space areas and verges for cultivation. Please contact the Bar Hill Allotment Association as with the rental season coming up there may be vacant plots at the allotment site opposite Stonefield.

Part of the works on Dam Brook now completed. Hollytrees end will be next. Meanwhile County Council Flood Protection team are being engaged for further advice and guidance on future projects to improve the stability and function of this watercourse.

The extensive Autumn tree works programme, as reported last month, is well underway with completion expected before Xmas. We will try to keep disruption to a minimum for residents.

We are still awaiting further details about proposals for footpath over village green as reported last month which will be funded by the A14 Parish Legacy Fund. The Council has also submitted a request under the Cambridgeshire County Council Local Highways Improvement scheme for works on footway in centre of village near Church.

****

Freehold purchases. Contact Parish Council Office for details. The Council's solicitors will then proceed directly with the enquirer. There is currently no premium charge payable to the Parish Council; the homeowner is required to meet the costs for professional and Registry fees charged by each party's solicitors.

Useful contacts:

Envirocrime scambs.gov.uk/portal-eform-landing-pages/?u=https://scambs-framwork.egovhub.net/ENVIROCRIMEREPORTINGFORM/launch

CCC adopted roads and paths, streetlights cambridgeshire.gov.uk/residents/travel-roads-and-parking/roads-and-pathways/roadworks-and-faults

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There's a new Facebook group with over 600 members that you might be interested in;

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Please feel free to call/ email and book a time to come and have a look around, our nursery manager Claire will be happy to arrange that for you.

Please call **01954 488081** or **email nursery@buttercupschildcareltd.co.uk**

We also have out of school care based at the children's centre at the front of the school (for primary school children). We are open from 7.30am to 8.45 am and from 3pm to 6pm Monday to Friday. Also in the school holidays from 8am-6pm.Please call our setting manager Sarah on 01954 200814 or contact us using the email **oosc@buttercupschildcareltd.co.uk**.

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Last month, we have been focussing on colour and light to tie in with November celebrations Guy Fawkes Night as well as Diwali.

We recognised Remembrance Day and visited the memorial gardens to see the wreaths and decorative stones left by other groups in our community.

For the BBC's Children in Need, we dressed in spots and looked at the patterns around us.

Our role play area was based on pizza making, at the start of the month and gave us the opportunity to talk about healthy eating.

We have been talking walks in the local environment and looking at our shadows, and listening to the sounds our feet make when we were walking through the crispy leaves.

We joined in with National Nursery rhyme week and turned our role play area into a doctor's surgery for the rhyme, 'Miss Polly had a dolly'. We also made tickets for our friends to have a ride on our 'Preschool bus', made clocks for 'Hickory Dickory Dock', and talked about times in our daily routines.

We also held our Annual General Meeting (AGM) this month, and look forward to working with our new committee members.

Are you interested in a place? Call us on 01954 782892 to arrange a visit or see our website www.barhillpreschool.co.uk for more information.

DECEMBER 2020/ JANUARY 2011 **BHm**

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A	I	N	E	P	L	M	I	N
A	T	E	E	R	S	N	D	E
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Hospice at Home service extending across Cambridgeshire and Peterborough

Essential end of life care within people's homes is being rapidly expanded across Cambridgeshire and Peterborough after a partnership decision to fast track the expansion of Hospice at Home services in response to the Coronavirus pandemic.

Cambridgeshire & Peterborough Clinical Commissioning Group (CCG), Cambridge University Hospitals NHS Foundation Trust, North West Anglia Foundation Trust, Cambridgeshire and Peterborough NHS Foundation Trust, East of England Ambulance, local authorities, Healthwatch and patient representatives have been working together with palliative care providers Sue Ryder Thorpe Hall Hospice and Arthur Rank Hospice Charity for several months to transform and expand end of life care, catering for the counties' palliative healthcare needs.

When the pandemic hit partnership efforts were fast-tracked, in tandem with the healthcare services' efforts to keep people out of hospital wherever possible and increase the quality of care received at home.

Hospice at Home teams provide specialist hands-on care and support in people's homes or usual place of residence when they are approaching the end of their life. The expanded service will be available day and night, giving patients and families specialist support at a very difficult time.

As part of the expansion plans, access to Hospice at Home care will be increased over the coming months, with the aim of having a full service in place by the end of January 2021 giving around the clock palliative care day and night to people at home in Peterborough and Cambridgeshire.

An extensive recruitment drive is taking place and teams of healthcare assistants and nurses are now in place in Peterborough and Fenland and East Cambridgeshire, with Arthur Rank Hospice Charity expanding its service to Cambridgeshire City and South Huntingdonshire too.

Patients and families are much more able to cope with the support of a Hospice at Home service:

"We wouldn't have been able to care for dad at home without your help and kindness. We are feeling so fortunate to have been able to have had that time with him."

(Family quote provided by Arthur Rank Hospice Charity).

To discuss being referred to Hospice at Home services, speak to a healthcare professional: referrals can be made by local GPs, District Nurses, local hospitals and other hospice service teams. To find out more visit arhc.org.uk/ hospiceathome/ or sueryder.org/thorpe

URGENTLY REQUIRED

CARE SUPPORT WORKERS

Our Service

- We offer person centred care to adults with a learning disability in their home
- We enable and empower residents to return their independence and have choice and control of their lives

Why Apply?

- Flexible reasonable hours: Full time & Part time & Relief staff
- Opportunities to develop on-the-job
- Job satisfaction. Valued team member
- Company Pension scheme
- Competitive Hourly Rates
- Experience not essential: Induction & Training provided
- Must be - Committed : Passionate : Caring & Supportive

Location

Longstanton village, outside Cambridge

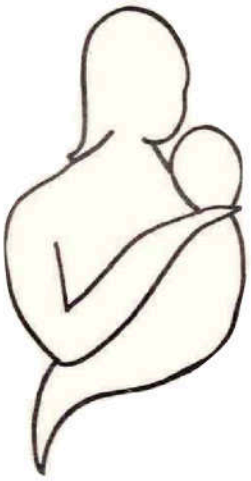
CALL: 01954 789856 - Mr Andrew McLees
CALL: 07836 697801 - Mr Paresh Sodha

FRIENDS OF THE ROSIE

HAND-MADE CHILDREN'S TOYS AND CLOTHES

RAISING MONEY ON BEHALF OF THE FRIENDS OF THE ROSIE HOSPITAL – REGISTERED CHARITY NO: 1036092

We hope that all our customers have managed to avoid the coronavirus and that their families are all in good health after our second lockdown.



Our profits through Rosie in Stitches are over £3,400. Last time our figures were this high was in 2012. We have received £2,750 this year from PayPal shoppers rounding up for charity at the checkout. We have registered The Friends of the Rosie charity with Amazon Smile so that customers can donate to our charity at the checkout.

If you have been spending your second lockdown tidying another cupboard, we are still welcoming donations of craft materials.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

We are still unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19. We are unable to say when our tea bar will be able to open again as most of our volunteers are of retirement age or older. We will provide you with regular updates when we know more. We would be able to open sooner if our volunteers were younger. We also need more volunteers. If you know of anyone who might be interested. Please contact Ann Laskey (annlaskey@icloud.com) for more details of what would be involved.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website www.rosieinstitches.org.uk.

We wish all our supporters a wonderful winter and hopefully a family Christmas too. All the very best for 2021.

Thank you for your continued support

All proceeds to Diabetes UK.
Sue at the Pharmacy in Tesco is making these
£5.00 each
To order these either call her on 07762437538
or pop into the Pharmacy on Tues, Thurs or Fri

Anthony Browne MP

Keeping in touch with South Cambridgeshire

News and Updates from our Local South Cambridgeshire MP can be either found on his website;

https://www.anthonybrowne.org

You can also sign up to an email newsletter which ensures that News and Updates are delivered straight to your inbox.

Alternatively you can follow Anthony on Facebook; **https://www.facebook.com/anthonybrowneMP/**, or. Via Twitter; **https://twitter.com/ab4scambs**

You can write to Anthony at his constituency office; Broadway House, 149-151 St Neots Road, Hardwick CB23 7QJ. Or call to discuss anything **01223 603677**

Many of you will have been following the events of the last two weeks closely and will already know how I voted at the beginning of November: for the lockdown.

I share the anger and frustration felt by many at the announcement of a new lockdown, and at the impact it has on our livelihoods and liberties. It is particularly unfair on South Cambs with such low numbers, I have argued strongly against it behind the scenes, with MPs, ministers, cabinet ministers and Number 10.

But there are many counter arguments. It is absolutely clear that the epidemic is taking off nationally at a very rapid pace (but less rapid than the first peak). Across the UK, NHS hospitals are terrified of soon being overwhelmed by COVID patients, and having to limit treatment to the extent of deciding which patients to save and which to let die. Addenbrooke's is probably in the best position of any hospital in the country, but it will end up taking overflow from other hospitals elsewhere that cannot cope. I also spoke with a large number of constituents, and also asked them what they think in a survey. Over 700 people replied, and although it is entirely unscientific, it is pretty conclusive: 60% are in favour of a second national lockdown. This public opinion was a big factor in my thinking.

It is most important now to focus on what happens next. As this lockdown continues, I want to urge everyone to stick to the rules and stay safe, and I give the firmest possible commitment that I will use the following weeks to campaign with other MPs to ensure the lockdown ends at the beginning of December, that we move back to a tailored localised system, and then lift all restrictions as quickly as possible.

I very much welcome the news that Cambridgeshire County Council will receive £1,459,490.26 from the government for food and supplies for vulnerable households as part of the £170 million winter support package. This is to support children, families and the most vulnerable over winter.

I'm also pleased that the Prime Minister has announced the extension of the Holiday Activities and Food programme, which provides healthy food and activities for children during the school holidays and has a massive impact on disadvantaged young people in our community, to cover Easter, Summer and Christmas next year.

All MPs including myself agree that it is absolutely unacceptable for any child to go hungry in modern Britain. If you do know of any child going hungry in South Cambridgeshire, do urge their parents to contact my office and we can make sure they get the help they need.

Finally, I want to thank everyone who took the time to write to me on the subject recently. It is very important to me that you are heard, and I can assure you that I have taken on board all my constituents' comments.

If you have any further questions, I have released a detailed public statement setting out my reasons for voting for this measure on my website (www.anthonybrowne.org), which I would urge you to read if you have not already.

Anthony Browne MP

Bar Hill Primary School

Our Reception children have been learning about Remembrance Day. Ahlberg class have painted a stone each for remembrance. They have learned the importance of the Poppy. These are now placed outside the main gate for everyone to enjoy. Murphy Class have created a wonderful poppy display on the classroom doors.

We have also been raising money for Children in Need, children and staff took part in a 'wear something spotty' day on the 13th November. We also joined in the virtual Children in Need duck race. At the time of writing we had raised an amazing £341.74, thank you to all our parents for their support and kind donations.

Finally, we are very proud to share this leaf art that was created by one of our children in an outdoor space for all Bar Hill residents to enjoy.

Bar Hill Neighbourhood Watch

working for a safer community

BAR HILL

To contact Neighbourhood watch please email nhwinbarhill@yahoo.co.uk

To keep up to date on the latest developments please join us on facebook: http://bit.ly/FBBarHillNHW (or search for "Bar hill NHW")

Bar Hill Editorial Services

editing - copyediting - proofreading
academic - non-academic - professional

Roger Hall, 11 Almond Grove, Bar Hill, Cambridge. CB23 8DU

Contact: **01954 780304**, or **07746 118880**

Email: **rogerhall@barhill11.fsnet.co.uk**

On-screen and hard copy work accepted

Willingham & Longstanton Surgeries

Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary 207602

District Nurse Team: 01223 726469 Option 2
Health Visitors: 0300 029 50 50

Out of hours cover: Ring 111 Website: willinghammedicalpractice.nhs.uk

Christmas Bank Holidays

Please note we are expecting the surgery to be CLOSED on the bank holidays Friday 25th December, Monday 28th December and Friday 1st January 2021.

Please contact NHS 111 if you need medical help and assistance when we are closed, and they will direct you to the most appropriate service. For life threatening emergencies call 999.

Repeat Prescriptions

Please ensure you have enough medication in advance of the holiday period. Last ordering date for repeats before Christmas will be Tuesday 22nd December. Orders can be collected on Thursday 24th December before 6pm in Willingham, and before 1pm in Longstanton.

Last repeat orders for New Year are on Tuesday 29th December. Collection on New Year's Eve 31st December before 6pm at Willingham, and before 1pm at Longstanton.

Help us to help you

Your GP practice is open and if you need to see your GP, please ring us on 01954 260230 or visit our website for details. You can also call NHS 111. Please do not come to the surgery unless you have an appointment.

A clinician will speak with you over the phone before booking your face to face appointment. Appointments are also being delivered online and over the telephone. If you are asked to come into the surgery for a face-to-face appointment, please remember to wear a face covering. Measures are in place to keep you safe from infection during your visit to the surgery.

If your query is in relation to COVID-19 please visit NHS 111 online in the first instance. www.nhs.uk/conditions/coronavirus-covid-19/

Flu programme

Over 65 and/or high risk:

If you are aged 65 or over or have a health condition which entitles you to receive the NHS flu jab and have not yet received one please can you contact the Surgery and let us know. We will need to try and acquire stock from the NHS, so in order to do this we need to know how much to order.

Under 65:

When the government issues guidance as to how this programme will roll out, and how many vaccines we will be allocated from the NHS, we will contact those eligible via text message and letter to invite them in for the flu vaccination.

Please do not contact the practice now, we will contact you when the vaccines are available on the NHS. Thank you for your understanding and cooperation

Carers

If you are a carer for someone and need advice and financial or emotional support, please contact Sue Lawson at susan.lawson7@nhs.net or 01954 260230.

Merry Christmas

And finally, we would like to wish every one of our patients a Merry Christmas! This year has been one of the most challenging years in the history of the practice. We understand the many changes to our procedures have caused some frustration and things are now very different to how they use to be. We would like to thank you for your understanding, patience and co-operation as we continue to battle the pandemic through the winter pressures. We are very grateful for all the support we have received.

We wish you a healthy, happy and safe Christmas, whatever that may look like this year. We will continue to put your safety and health at the heart of everything we do as we move into 2021.

Stay safe and take care of each other

Lisa Smith
Assistant Practice Manager

COUNTY COUNCILLORS REPORT

Innovate & Cultivate Fund

There's time for one more round of applications to the county council's Cultivate Fund in the current financial year. The community activities that this fund encourages have proved to be very successful for both supporting the council's place-based approach to delivering services and to those organisations who have so far benefitted. For information on how to apply:

www.cambridgeshire.gov.uk/council/communities-localism/innovate-and-cultivate-fund

Libraries

The county's libraries will continue to offer a limited service during lockdown including the Select and Collect offer that you may already be used to. Full details of what is being offered can be accessed at: https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries

Household Recycling Centres

The council will continue to maintain the full Household Recycling Centres service with 2 metre social distancing measures in place during this new period of lockdown. It is still getting high numbers of residents either booking slots and then not showing up, or not making bookings before arriving at the sites where prior booking is required for all users. The site operatives continue to take a light touch with enforcement but ask please that people use the centres in accordance with the measures that have been introduced to maintain public safety at a difficult time. To book a visit:

https://www.cambridgeshire.gov.uk/residents/waste-and-recycling/household-recycling-centres or for anyone unable to go on line, the phone number to make a booking is: 0345 045 5207.

Highway Verges

The county council is reviewing the way it manages its highways verges with the ambition of implementing a policy that will provide the greatest environmental benefit. This month I attended a workshop which included a presentation from Dorset County Council on the impressive changes it has made. The council will take learning from this and others with experience, to create a verge management regime that will improve biodiversity and generate other benefits including long term financial savings.

Education

The details of the current lockdown are continuously reviewed by the education service. Our schools continue to do a fantastic job and the county council's Director of Education continues to provide supportive daily communications for all headteachers. The current advice is that all those in the clinically extremely vulnerable group should work from home which obviously impacts on staff numbers in school and thus the way that schools manage the education offer. Recently too for one South Cambridgeshire primary school a small number of confirmed Covid-19 cases has resulted in large numbers of both pupils and staff having to self isolate, leading to a week long closure. In the local area numbers of confirmed cases in schools are generally very low. Please support our headteachers and their teams during this difficult time.

Thank you to everyone who has been in touch with me recently. Please do continue to contact me with your comments and questions.

Take care. Stay safe.

our schools are safe spaces
Cambridgeshire schools have been risk assessed and are following all government safety measures.
We will be open and we will be safe.
We can't wait to see you!
#BackToSchoolSafely

Please do continue to contact me about the things that matter to you.
lyndaharford@icloud.com, **01954 251775/ 07889 131022**; Twitter: **@2whit2whoo**

SPORTS & SOCIAL CLUB

Our hours (2nd December onwards) are :-

Mon to Thur 5-10pm (Food 6-9 Wed only)

Fri 2-10pm, Food 5-9pm

Sat 12-10pm, Food 5-9pm

Sun 12-10pm, Food 2-7pm

We have started a takeout service of food and drink on Fridays and Saturdays from 6 to 8pm. To place an order please call **01954 781881** from 5.30pm onwards.

Xmas Draw is on Friday 22nd January, tickets will be on sale throughout December.

During the winter months people will not be expected to leave via the balcony therefore the main entrance will also be an exit. People entering the building will have priority please wait on the landing until the stairs are clear.

Memberships are due for renewal in December, please ask staff for a form. We would like to thank all our members for their continued support through what has been a difficult year, we hope you all have a very merry Xmas and a Happy New Year.

Hate Ironing?... I don't!

My name is Emma. I live in Bar Hill and have over 11 years of experiance working in and running a very well-known dry cleaner.

Free Collection and drop off in Bar Hill

For More details contact me on the number below or look me up on facebook.

Give me a call now on 07814214961

PennytreesIroning

The Bells by Edgar Allan Poe

Hear the sledges with the bells --
Silver bells !
What a world of merriment their melody foretells !
How they tinkle, tinkle, tinkle,
In the icy air of night !
While the stars that oversprinkle
All the heavens, seem to twinkle
With a crystalline delight ;
Keeping time, time, time,
In a sort of Runic rhyme,
To the tintinnabulation that so musically wells
From the bells, bells, bells, bells,
Bells, bells, bells --
From the jingling and the tinkling of the bells.

Hear the mellow wedding bells
Golden bells!
What a world of happiness their harmony foretells !
Through the balmy air of night
How they ring out their delight !
From the molten-golden notes,
And all in tune,
What a liquid ditty floats
To the turtle-dove that listens, while she gloats
On the moon !
Oh, from out the sounding cells,
What a gush of euphony voluminously wells !
How it swells !
How it dwells
On the Future ! how it tells
Of the rapture that impels
To the swinging and the ringing
Of the bells, bells, bells,
Of the bells, bells, bells, bells,
Bells, bells, bells --
To the rhyming and the chiming of the bells !

From 1849, abridged.

Helping the European hedgehog in December.

Most hedgehogs will have begun to hibernate during November and will normally remain in this state until March the following year.

During mild winters hedgehogs may remain active late into December. They will wake up during milder spells to top up their body fat. You can help by putting out water and small cat biscuits.

Autumn juvenile hedgehogs are ones that are old enough to be away from their mothers but too small to hibernate. The autumn juvenile season can start as early as September. It is busy through until the end of November. However, many will struggle on and they can be found out from December through until April. The ones found in March and April may have struggled through the winter or they may have hibernated, but it will have been at the minimum weight for hibernation so they are weak when they emerge.

Young hedgehogs can and will hibernate at 450gms or less but are more likely to survive hibernation at 650gms and will be in better condition post hibernation.

Towards the end of October or if bad weather is expected those that are 300gms or under should be rescued. For help and advice contact me on 07912 988898 or Shepreth Hedgehog Hospital on 07505 651968.

24-hour Hedgehog Helpline: **07947 361187**

Step a Million in the New Year!

Arthur Rank Hospice Charity is motivating you to start 2021 off on the right foot with their ***'Step a Million'*** walking challenge. Encourage your friends, family and colleagues to get involved and keep each other going, as each of you pledge to walk 1 million steps in 100 days, starting on the 1 January You can even add a bit of healthy competition as you go head to head to see who can reach 1 million first!

You have until the 20 April to complete the challenge, which means accumulating an average of 10,000 steps each day. It a great way to start the new year: walking 10,000 steps a day can result in you feeling more energetic and awake, help look after your blood pressure and heart health, aid you with sleeping better and reduce stress levels.

It could also be the perfect opportunity for you to discover more of the countryside around where you live, or re-visit some of the beauty spots and walking routes you may have stumbled across during lock-down. Even better your efforts and any sponsorship you raise will be helping to support Arthur Rank Hospice Charity's essential care.

The entry fee is £12 per person and includes support from a member of our fundraising team throughout the 100 days.

Team discounts can be negotiated. Register at arhc.org.uk/stepamillion or contact Emma Bray on **emma.bray@arhc.org.uk** or **01223 675888**.

Christmas Colouring Competition

This year has been challenging for many, and so the Bar Hill News team wanted to do something to add a little bit of joy into every body's life. As the Bar Hill News editorial team is a little artistically challenged, we thought we would ask the children of the village to do the drawing for us, and so we launched a Christmas colouring competition. We are really pleased to announce that it has been a great success, and we were so impressed by the standard of the entries which we received this year.

When we launched the colouring competition here at the Bar Hill news, we knew we would need to find someone pretty special to judge for us. A local celebrity, a friendly face, and all round fantastic individual was the criteria, and we could only think of one person who had all of these qualities: our local postman John Houston. When we approached him, John said he was "absolutely chuffed" to be asked, and really excited to look at all the entries sent in by the children of the village.

The judging took place on an extremely cold, wet and windy Sunday afternoon, which meant that, of course, our local postman turned out wearing his shorts and t-shirt. "Aren't you cold" we asked, "no – I'm so excited to see all the entries, I don't need another layer" John replied.

To keep everyone involved safe, we taped the entries to the window and garage doors, of our editor in chief's house, as well as providing a pre-sanitised folder for John to look through some of the other entries in.

"I can't believe how good these are – you can see how much effort everyone put into this. I don't know how I am going to choose a winner" said John. "I like them all – I think they're all seriously amazing". We can confirm it wasn't a quick process – John did take his time and really considered each and every entry.

We would have loved for everyone to win, however, the winners and runners up for each category are as follows:

Aged 4-6: Winner: Tate, John said he thought this picture was "weird and wonderful and it really stood out to me straight away"
Runner Up: Anthony, John said "this says to me that a little one has put a lot of effort into this".

Ages 7-9: Winner: Ayla – John said "This snowman is so good – I really love this picture".
Runner up 1: Alex Mickevica, John said "I absolutely love that Father Christmas is playing football in this picture"
Runner up 2: Rhys Wilson, John said "This picture is great – it has a bit of everything Christmassy on it".

Ages 10-12: Winner: Nidhi Balaraddi – John said "I love this – it's a typical Christmas scene, it has everything you would want"
Runner up: Abigail Tod. John said he loved "the quaint little cottage and how good the Christmas trees were" in this picture.

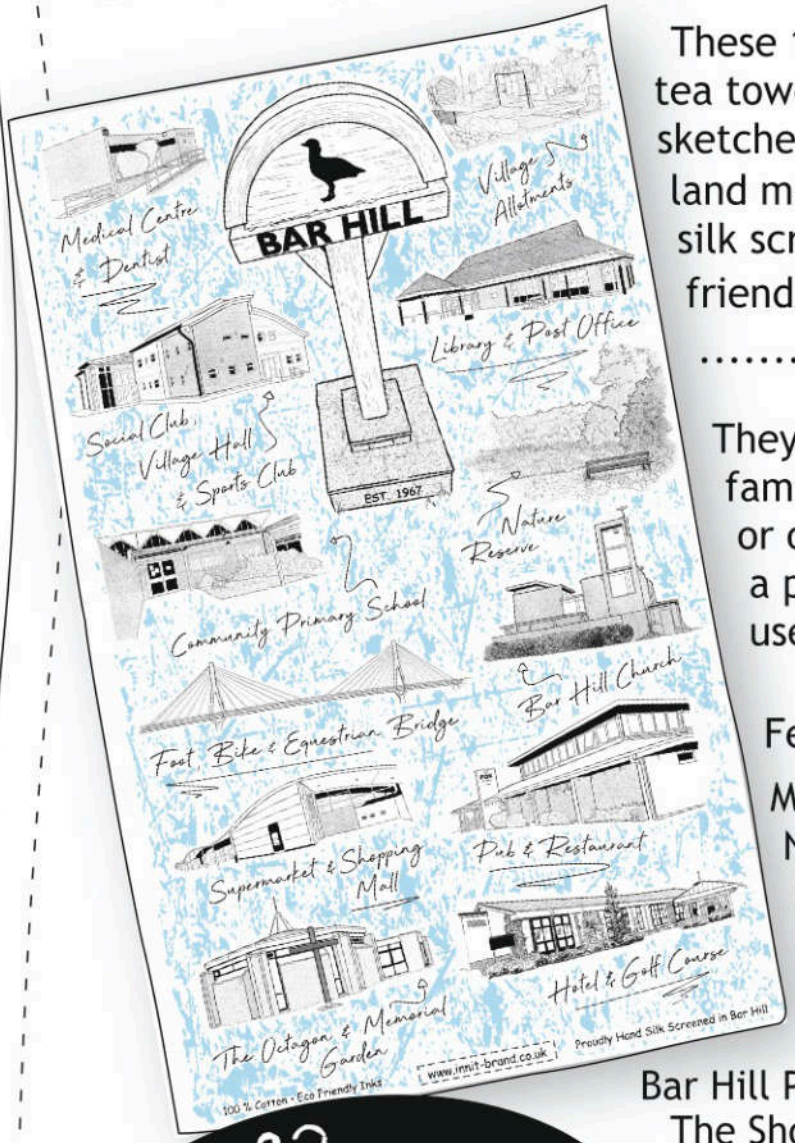
We also had a special prize for our youngest entrant – little Hollie Creber who is only 18 months old. Well done Hollie!

You may have noticed that we do have 2 runners up for the 7-9 category. This is because we had over half of the entries for the competition fall into this age bracket . Therefore, we felt it was only fair to have more than one runner up.

So all that is left to say is a huge thank you to Tesco Bar Hill for providing us with the prizes for the competition, as well as a thank you to everyone who took the time to enter this year. Don't worry if you didn't win – we will be running another competition at Easter.

BAR HILL TEA TOWELS

£10



These 100% cotton tea towels feature hand sketched prominent Bar Hill land marks & are hand silk screen printed with eco friendly waterbased inks.....
..... right here in Bar Hill !

They are a perfect gift for family or friends that live in or out of the village and are a practical item for kitchen use or as a hanging picture.

Features included:

Medical Centre, Church, Nature Reserve, Social Club, Allotments, Post Office & Library, The Octagon, The New Foot Bridge, Bar Hill Primary School, The Fox, The Shopping Mall and Hotel.

£2 from each tea towel sold will be donated to Bar Hill Primary School towards fund-raising to improve their outdoor educational spaces.

Order Online: www.innit-brand.co.uk
or
Whatsapp: Mike 075 216 97412
or
E-mail: info@innit-brand.co.uk
Free delivery !!

HAND MADE IN BAR HILL.....FOR BAR HILL

Community Lifeline Service

If you live alone or someone in your family is sometimes left alone and may need to call for assistance, the Council's Lifeline team can help.

In an emergency, pressing a button – worn as a pendant or on your wrist – connects you via a contact centre with family, friends, neighbours, or the emergency services.

Giving you peace of mind and reassurance.

One Lifeline customer in Willingham said: "The lifeline service lets me live independently knowing I can call someone in an emergency."

For more information and to apply for a lifeline, please call **01954 713470**, email **lifelines@scambs.gov.uk** or look online at **www.scambs.govuk/lifelines**

Memorial Garden Project

My grateful thanks to Jean Diver and Helen Collins for the work that they both undertook to prepare the Garden for Remembrance Service in November.

Should you like to offer time to help with the upkeep of the garden, and become part of a small team then please contact Chris Stannard details below.

If anyone would like a Memorial Plaque placed in the garden then please contact Chris Stannard on **01954 781978**.

Craft's Shed

Good News! Craft's Shed has been awarded charitable status by the Charities Commission on the 9th November (1192237).

This will mean that we can hopefully access further funding for the project to help our community.

Crafts Shed is open to new members over the age of eighteen. Currently we are making small animal houses e.g. hedgehog house, bird tables, bird feeders, bug houses. We are open to new suggestions: Would you like to have a Bin Store to cover your wheelie bins?

Our aim is to up-cycle wherever possible. Clearly in Lockdown we are limited as to what we can undertake, but it is amazing as to what colleagues are creating in their garages. Hence we have the following for sale:

Hedgehog Houses (stock now limited)

Bird Tables

Bird Nesting Boxes

Bug Houses

We are always pleased to accept offer of timber in good condition.

Second hand tools. If unable to use these will be past to other charities.

For further information contact either;

- Chris Stannard **07711 623425** / **01954 781978** or
- Chris Graham **07913 013920**

CRAFTS SHED

- BAR HILL RESIDENTS' ASSOCIATION -

Chair	Laura Chapman		laura.katy.foster@gmail.com
Vice Chair	Karen Hayden	barhillresidentsassociation@gmail.com	
Secretary	Karen Hayden	barhillresidentsassociation@gmail.com	
Treasurer	Anne Bensted		ab10034@cam.ac.uk
Data Prot. Officer	Richard Hayden	07462 724 706	rxh321@gmail.com
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Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell.] All items should be submitted electronically to **bhneditor@yahoo.com**.

Bar Hill Village Hall

The village hall is located just off The Spinney and offers the following;

- Conference Facilities;
- Seminars;
- Committee/Meeting Rooms;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales;
- Kitchen Facilities;
- Excellent Parking as well as catering Facilities

If you wish to book any of these facilities, or to get more information, please call 01954 782414 and leave a message. We'll call back within 24 hours (Monday to Friday). Alternatively you can email us at; barhill.villagehall@btconnect.com or visit www.barhillvillagehall.com

GEORGE

D.I.Y. MAN

Small Electrical Jobs
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OAP Discounts
Lifetime of Experience

No Job Too Small

07544 871650

EVERY WEDNESDAY

December 6-9pm

@ Bar Hill Sports and Social Club

GB BUILDERS

NO JOB TOO SMALL

FOR ALL MAINTENANCE RENOVATIONS AND DIY WORK

All general building repairs & odd jobs
Specialist in Painting & Decorating
Groundwork & Grass cutting

- Driveways, Paths, Patios
- Brickwork & Plastering
- Block paving
- Concreting
- Slabbing
- Fencing
- Plumbing
- Tiling
- Roofing
- Drainage
- Guttering
- Carpentry

Call today
07877 742 420 or
01480 437511
g.bbuilders@yahoo.co.uk

Need Help Paying For Your Energy Pre-pay Meter ?

If you or someone you know have an energy pre-pay meter and are struggling to get help from your energy supplier, you may be entitled to the new temporary fuel voucher scheme set up by the Cambridge City Council.

Temporary fuel voucher scheme

This scheme is specifically to help residents struggling with pre-pay meter top-ups during the COVID-19 crisis.

If you find yourself in significant hardship directly due to the coronavirus pandemic (either reduced income or increased costs) and as a result are struggling to top-up your pre-pay meters you may be entitled to the scheme

How can you access the scheme ?

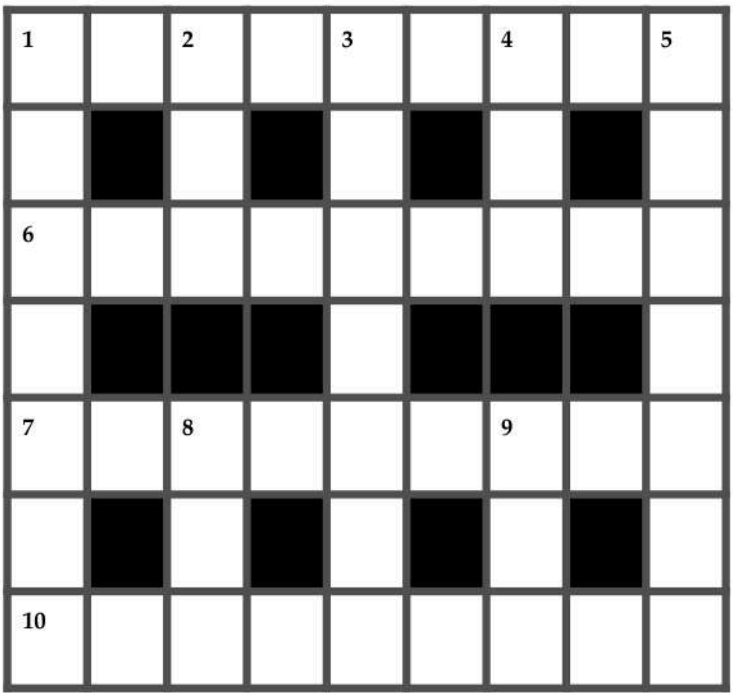
Requests should be made by emailing :
homeenergy@cambridge.gov.uk
Residents of South Cambridgeshire should apply by emailing :
scambscovid@cambridgecab.org.uk

When emailing please provide your full contact details.

CAMBRIDGE Food Poverty Alliance

CAMBRIDGE CITY COUNCIL

CAMBRIDGE SUSTAINABLE FOOD



December Crossword

Across: 1.25th December, 6.stamped a mark, 7.the same, 10.///// new ////.

Down: 1.social dance, 2.ribbed fabric, 3.perfectly holy, 4.moveable floor covering, 5.maker of horse equipment, 8.unusual form of insight, 9.snooker equipment.